

5 Reasons Why, Frankly, It's About Frankincense

Part 1

by Rev. Niamo Nancy Muid

Thanks to the Information Age, the preponderance of extreme negativity* demands that the Blessed Ones, you and me, keep these happenings and thoughts about them as far away from our doors and hearts as possible.

The way to do that? ***Use frankincense.***



THIS IS A CALL for you to run, ride or track down your local holistic practitioner to place an emergency order for as much frankincense as you can get.

A bottle of oil, rocks or resin for burning—it doesn't really matter which form you get—just choose something soon. This suggestion is ancient-text supported and

New Age, cutting-edge at the same time.

The photo shows me happily inhaling frankincense and oxygen at an essential oils convention in 2011.

*megalomania, warmongering, slavery, pornography and willful mayhem masquerading as entertainment

FIVE REASONS why using this natural aromatic and resin is not just a pharmaceutical fad but a long-term solution:

- This is an emergency.

The incessant loud noise of extreme negativity can be quieted with the use of frankincense.

- People are worried, angry, afraid and confused.

Circumstances and decision-making are hard to manage, and frankincense can aid in alleviating the pressure.

- Intense emotions lead to inappropriate actions.

Consistent use of frankincense can help manage and resolve suppressed or über-expressed feelings.

- Stuck emotions mean sicker bodies.

With emotions shuttered and organs and systems also compromised, the spiritually-expanding aroma and constituents of frankincense are indicated.

- Spiritual reconnection is mandated.

Body-mind-spirit-emotional health can conquer pessimism and cynicism, using the spiritual support of frankincense to envision a better world.

1. This is an emergency.

The Westernized majority of human beings are experiencing a techno-form of post-traumatic stress syndrome (PTSS), since they are constantly bombarded by violent and unacceptable human behavior.

Technology, media and data have overrun the human psyche, and if we do not take time to replenish our spiritual, energetic and physical reserves, we become susceptible or completely succumb to dis-ease. The nerves frazzle and joints tighten as the first signs something is not quite right.

The incessant loud noise of extreme negativity can be quieted if more people **use frankincense**. This IS the holistic way to tackle this challenge, and ways to use the resin or oil can be taught, learned and adapted. A few methods are mentioned below.

“Your mission, should you decide to accept it,” is to be *thirsty* for change and *believe* we can recover, or grasp for the first time, a sense of harmony with others.(1)

2. People are worried, angry, afraid and confused.

Distancing ourselves from unacceptable behavior is the aim, and it is not *mission impossible*. This is about “the greatest, storied tree in history,” as the *Twelve Oils of the Ancient Scripture* audio series calls it, and about how results may mimic ancient miracles.

Research by Dr. Arieh Moussaieff of Israel is credited with identifying folk medicine methods, where the frankincense resin “is believed to have **anti-inflammatory properties, and to ease digestive and respiratory problems.**”(2)

Easing of respiration could be likened to numbing the sense of arduous breathing, which is a documented sign of excessive stress.

Circumstances may be *hard to digest* and the consequences of choices *hard to take (in)*, and frankincense can aid in alleviating such pressure and difficulty. It has been noted to be particularly beneficial for deepening the breath.

3. Intense emotions lead to inappropriate actions.

“The rabbis who wrote the Talmud around 1,500 years ago ... sanctioned adding a pinch of the aromatic tree resin to the wine of a condemned criminal, to ‘benumb his senses’ [to avoid an agonizing death]...” (3)

Consistent use of frankincense can help manage and resolve suppressed or über-expressed feelings. Indeed, the *Boswellia* compounds of which have been found to responsible for the relief of anxiety and depression. Folk healing methods often have basis in scientific fact.

Moussaieff encountered frankincense while researching a plant-based remedy made in a monastery in Jerusalem’s Old City.

[He] isolated the active compounds in the resin. When tested on mouse models of human head injury, he found that **some of these substances provide protection for the nervous system**. He later noted the resin’s **antidepression and antianxiety properties** and, investigating further, found that they act on a **previously unknown pathway in the brain that regulates emotion**. These findings not only help explain the ubiquity of frankincense in religion, they also hint that the active compounds might be used in the future to treat any number of neurological diseases, from Alzheimer’s and Parkinson’s to **depression**.”(4)
(emphases added)

4. Stuck emotions mean sicker bodies.

With emotions shuttered and organs and systems also compromised, the spiritually-expanding aroma and constituents of this essence are indicated to first ease the mind and then the body. An Internet search will bring up various species of the genus *Boswellia* and disclose scientific in-fighting concerning which species is better.

According to Wikipedia:

Frankincense, also called *olibanum*, is an aromatic resin used in incense and perfumes, obtained from trees of the genus *Boswellia* in the family Burseraceae, particularly *Boswellia sacra*, *B. carterii*, *B. frereana*, *B. serrata* (*B. thurifera*, Indian frankincense), and *B. papyrifera*. The English word is derived from Old French "franc encens" (i.e., high quality incense).

Any forms of frankincense can benefit body-mind-spirit and therefore holistically protect and inspire wellness.



At a street vendor in Harlem, frankincense (whitish in color) and more. Hiroko Masuike for The New York Times

Popular and widely available is *B. frereana*, from Somalia and northeast Africa. Oils and resin pieces are sold by street vendors around the world. Resin “rocks” are chewed

daily or burned to fumigate clothes and purify the air. The incense and essential oil are used for purification and spiritual purposes.

Other species are used similarly, but *B. frereana* is less pungent when its oil is diffused, and it has a lighter, sweet scent.

Significantly, *B. frereana* does not contain boswellic acids or incensole—two ingredients the other forms possess that make them coveted by scientists as superior for therapeutic use.



However, the mind-body connection tells us why this particular frankincense, *B. frereana*, can and does address the depressing, PTSS state, and should not be disregarded.

At least two (2) studies have found *B. frereana* to be a support for joint health and for enhancing the elasticity of the body's connective tissue. (It should be noted that over 200 studies have been conducted on *B. carterii* and *B. sacra* combined.)

According to Louise Hay's *Heal Your Life* series, rheumatoid arthritis is a symptom and indicator of a person feeling deeply victimized.

We could say *B. frereana* helps the body to mitigate the victim feeling because its chemical action enables a loosening and cooling of body joints and connections. We are moreso "held together" and feel more whole when we **use frankincense**.

We should also note that body-mind wisdom derives from Traditional Chinese Medicine and Ayurveda (Hindu) Medicine, practiced by a fourth of the world's population for thousands of years.

5. Spiritual reconnection is mandated.

B. frereana incense is widely used in religious ceremonies ranging from ancient Egyptian, Jewish and Christian rites to Chinese and Indian rituals. It is also currently burned in mosques and used in scensers in Eastern Orthodox, Catholic and Anglican churches around the world.

Growing up, I recall loving the scent of incense at my Episcopalian church. You could smell it before you entered, and when the acolytes walked down the aisle “censing” the air in large, sweeping motions and in the sign of the cross, it felt like the congregation was being anointed.

Interestingly, an Ebay merchant’s article* says, “Researchers have found that burning frankincense indoors improves the acoustic properties of the room.”(5) This may account for the extremely high-energy, vaulted feelings I had in church, and not only because of cathedral-like ceilings. Triumphant organ music and smoky incense also brought us “higher” or closer to God. This hushed environment always felt holy.

Perhaps this is the reason people in Somalia(6) call *B. frereana* the King of Frankincense, and insist that it tops other species despite lacking boswellic acids. The Somali form is the type of *Boswellia* used in most churches, even in their blends, according to a survey of church-supply companies.

At a conference, I personally witnessed a Somali expert declaring *B. frereana* the premier species. The hosting company later offered *B. frereana* for sale alongside its other products distilled from *B. carterii* and *B. sacra* species. The company has since advocated for more research on *B. frereana*, noting its promising contributions to joint and connective tissue health.

What you don't know can help you.

What needs to be understood about essential oils is that some constituents are unknown or undiscovered *even after* an oil is distilled and brought to market. There are chemicals in lavender, the most popular essential oil hands-down, that have not been named and/or identified. Chemists know something else is there because of unexplained chemical actions. If such is true of lavender, it could certainly be true of *B. frereana*.(7)

It is time to bring *Boswellia* of any species into our homes to be chewed; diffused, diluted in water, burned, diffused and employed in other creative and life-enhancing ways.

To recap, the FIVE REASONS to ***use frankincense*** as a long-term solution to today's frenzied world:

1. This is an emergency.
2. People are worried, angry, afraid and confused.
3. Intense emotions lead to inappropriate actions.
4. Stuck emotions mean sicker bodies.
5. Spiritual reconnection is mandated.

With frankincense resin, incense and oil allowing us to envision a better world, we human beings can conquer the pessimism and negativity of the noisy Information Age.

So, ***use the pure, uncut oil or resin of frankincense*** to increase connections within our joints; assist the body in repairing the elasticity of tissues; focus on and revere Spirit, and vanquish the feelings of post-traumatic stress and victimization.

Part 2: *Boswellia Carterii* and the latest research supporting the immune system.

Notes

(1) The harmony spoken of here is really Ma'at, the ancient Kemetic (Egyptian) term meaning truth, balance, order, harmony, law, morality, and justice. It is said these taken qualities together equal love.

(2)(3)(4) From: <http://wis-wander.weizmann.ac.il/earth-sciences/color-it-pink> Retrieved 7/19/16. Also see "Frankincense and Mirth," a typically irreverent NYTimes article that cites Dr. Moussaieff's findings. http://www.nytimes.com/2008/07/17/fashion/17INCENSE.html?_r=0 Retrieved 7/19/16

(5) *<http://www.ebay.com/gds/Frankincense-Incense-Magical-Learn-all-about-it-here-/1000000000749336/g.html> Retrieved 7/19/2016.

(6) Somalia, is a Muslim country is designated "unfree" by Freedom House, a democracy research group. On a scale of 1-7 with 7 being the worst, Somalia's freedom rating, civil liberties, and political rights scores are all 7. Just because they grow the tree doesn't mean the powers-that-be understand the spiritual message of freedom and oneness of the human race.

(7) An excellent article describes the chemotypes of frankincense and their widely varying presence in the four main species. It is illustrated with photographs and useful to understanding the appearances and scents of different frankincense types: <https://www.facebook.com/notes/essential-oil-university/frankincense-review-classification-by-chemotype-rather-than-just-species/10153910878393083/> Retrieved 7/19/16

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